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NEWS WORTH SHARING.

Syrian rebels rebel against West

Nearly a dozen faction groups break away from main opposition and call for Islamic law in war-torn nation PAGE 12

MICHAEL J. FOX LANDS ROLE AS ... MICHAEL J. FOX

BELOVED CANADIAN ACTOR RETURNS TO FULL-TIME TV TO PLAY A N.Y. NEWS ANCHOR WITH PARKINSON'S PAGE 21

FLAMES FALL PREY TO COYOTES

Phoenix Coyotes goalie Mike Smith deflects a shot from the Calgary Flames' Curtis Glencross during their pre-season game on Wednesday in Calgary. The Coyotes won 3-2. Story, page 29 THE CANADIAN PRESS

U of C in need of more money for growth

Application surge. Student representatives fear fee hikes as 'tough decisions' loom

Students keep flocking to the University of Calgary in record numbers but the institution's president says enrolment can't be bumped up without more dollars.

The city's largest post-secondary institution has already boosted its student population by nearly 30 per cent over the past decade and currently houses about 32,000 students, which is nine per cent more learners than it should given its total physical space, according to an institutional plan released earlier this year.

"We know that there is a capacity issue in post-secondary in the province and, certainly with the growth of Calgary and the desire for degrees, that our university, particularly, has strong capacity needs," U of C President Elizabeth Cannon said Wednesday after delivering her annual report to the community.

In 2012-13, the school only admitted one student for every 2.38 that applied, a jump from 2.04 in 2007-08 and a higher mark than the 2.13 reported at the University of Alberta, the U of C's peer institution in Edmonton.

Applications to attend the U of C spiked 8.8 per cent for the 2013-14 school year and certain areas are seeing rigorous acceptance processes — one-in-13 applicants are accepted into the school's medical program currently and just one-in-15 are entered in the Juris Doctor law program.

The university did net a record year in fundraising last year, with nearly $124 million in community donations, but Cannon warned repeatedly Wednesday that "tough decisions" lay ahead as the school worked to counter a 7.3 per cent cut to provincial operating grants.

Conner Brown, vice-president external with the Students' Union, said he fears some of the cost will be put on the backs of students through increases to non-instructional fees.

"I think it has everybody on edge," he said. "I think everyone's aware of the possibility of fee increases and that's something students and everyone at the university is worried about." JEREMY NOLAIS/METRO

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Ward 12. Candidates talk transit and crime

Two candidates squared off in front of southeast Calgary voters Wednesday night as the municipal campaign finished up its fourth day.

Incumbent Ward 12 candidate Shane Keating and challenger Stephanie Kusie attended the CivicCamp-hosted event at the Cardel Theatre in Quarry Park, and traded barbs on housing, SE LRT and use of taxpayer dollars.

Keating said he'd like to find ways to use city property to put up temporary low-cost housing, while Kusie preferred to work with developers to find a solution.

Keating said that while he doesn't like the idea of social engineering, he "would love to see a 17-storey condo in Ward 12."

The candidates found common ground on the need for transit and cycling infrastructure, with Kusie saying that the Southeast LRT is the biggest need for Ward 12.

The duo didn't see eye-to-eye on city expenditures, with Keating saying that "efficiency is not just reducing taxes."

Kusie brought back memories of the 2010 campaign, saying that Ward 12 residents are paying for things they don't want, like the Peace Bridge.

On the crime front, Keating said the proactive approach Calgary already uses delivers exceptional service to the citizens.

"How can we stop (criminals) from doing it in the first place? Calgary leads the way in doing that," he said.

Keating also advocated for an increase in the number of speed cameras and cams on LRT. METRO

Mayoral candidate Jon Lord, left, says the city taxes have gone up 32 per cent. Incumbent mayor Naheed Nenshi says it's 18 per cent. Neither is wrong, but rather choosing different comparison years to begin with. METRO FILE

How much have taxes increased by?

It depends. Candidates choose different starting points to base their calculations

ROBSON FLETCHER
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Calgary's rising property taxes have come up often in the election campaign so far, but candidates are throwing around some starkly different numbers on exactly how large the hike has been.

"People are being crippled by the tax increase: 32 per cent," mayoral candidate Jon Lord said.

Incumbent Naheed Nenshi, however, paints a different picture.

"Total taxes, municipal plus provincial, over the last three years of this term have gone up a total of 11 per cent," he said. "If you look at only municipal numbers … it's 18 per cent over three years."

So who's right?

Turns out they both are. They're just looking at different time-frames.

Tax bills on median home

YEAR	TOTAL BILL	CITY'S PORTION
2013	$2,592.06	$1,556.69
2012	$2,466.32	$1,382.60
2011	$2,323.88	$1,313.84
2010	$2,196.65	$1,173.61

The municipal-only portion of the tax bill on a median home did indeed increase by 32.6 per cent between 2010 and 2013. The total bill grew by 18 per cent over that same period.

The increase from 2011 to 2013, by contrast, was 18.5 per cent for the municipal portion of the bill and 11.5 per cent for total bill.

University of Calgary political science professor Paul Fairie said the property-tax system is so complicated it's easy for candidates to pick numbers that best suit their message, but one thing is clear when you compare tax bills here to those of other major cities in Canada.

"Calgary, regardless of how you want to play with the numbers, definitely does have very low property taxes," he said.

How Domestic Conflict Response Team saved Wafa

Support. Integrated unit expanding citywide as police see increase in cases

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Wafa was beaten for partaking in typical teenaged activities, like playing outside or spending time with friends.

She was a terrified 15-year-old living under the strict rules of her father.

"I tried to run away but that didn't work, and then I called my friend," she said Wednesday, recounting her story but requesting that her last name be withheld given the sensitive nature of her situation.

That friend set her up with Calgary's Domestic Conflict Response Team (DCRT), an integrated unit that links law enforcement with social agencies.

Sgt. Simon Watts was the lead on Wafa's case.

"To try to help on your own without the other services is very, very difficult," he said. "The approach with the DCRT really works.... It was fantastic."

Wafa was linked with support agencies and eventually able to break free of her father's control. He wasn't charged, but did move to Saudi Arabia, where he keeps in limited contact.

But Wafa's case is just one of hundreds in Calgary every year, said Kevin McNichol with support group HomeFront, which often sends representatives with officers to calls for help as part of the DCRT model.

Because of that, officials announced Wednesday the model will expand citywide in the coming months, adding on more police and support workers. Previously, the team's efforts had been focused largely to a few districts in Calgary's northeast.

"We are under the firm belief that one call is all that's required, and then we as a community need to come forward and engage these families to make a difference in their lives and prevent future acts of violence," McNichol said.

In some cases, DCRT representatives will make up to 15 visits to a single home to help alleviate problems between family members, McNichol said.

HomeFront

- The Domestic Conflict Response Team assisted more than 500 families in 2012, according to Kevin McNichol with HomeFront.
- Of those helped, less than 10 per cent reported further acts of violence.

Wafa, an 18-year-old survivor of domestic abuse, speaks to reporters Wednesday. JEREMY NOLAIS/METRO

Displaced by flood

Winter could see surge of domestic violence: Advocates

Anti-domestic violence advocates see a recipe for even greater trouble now that hundreds of Albertans remain displaced after June's historic flooding.

"Everything I used to take for granted — where my local grocery store is, my commute, where my kids go to school — all of those things have been turned on their head and I think the reality of all those things are setting in now," said Kevin McNichol with support agency HomeFront.

The Alberta government said in late August as many as 2,700 people were still out of their homes, some forever displaced and others waiting for damage assessments and restoration work to be completed.

McNichol said typically there is a rise in domestic-violence calls in the fall and winter even without the flood. Summer is easier on families, he said, and the return of school also brings with it the chance of teachers or administrators catching wind of trouble in the home.

JEREMY NOLAIS/METRO

Calgary groups call for 30 km/h speed limit on residential roads

A vehicle passes a 40 km/h sign in Mount Royal. Some residents in that community and in Sunnyside are calling for a 30 km/h limit on residential streets, similar to speed limits in places like New York, London and Airdrie. GLENN KELLY/FOR METRO

Advocates in two Calgary communities are calling for speed limits on residential streets to be reduced to 30 km/h, saying the change would drastically reduce the risk of death in motor-vehicle collisions.

Jodi Morel undertook the campaign in Mount Royal after witnessing the scene of a fatal motorcycle crash earlier this year.

"It was quite horrific," she said, adding that, based on the distance the rider was thrown and the injuries he sustained, she initially figured he must have been excessively speeding.

Chance of death at 32km/h

5%

The chance of death when a pedestrian is struck by a motor vehicle at 32 km/h. That increases to 37-45% at 48 km/h and 83-85% at 64 km/h, according to British and Australian research.

But police told her otherwise.

"They had, in fact, measured it and it was within what they would expect from 50 km/h," Morel said.

Dale Calkins, meanwhile, founded a group called 30 for Sunnyside and is calling for a similar speed-limit reduction in his neighbourhood, based on similar research that Morel cites.

"Thirty km/h is significantly safer than 50 km/h and much, much safer than any speed over 50 km/h," he said, referring to several studies he presents online.

Calkins said he wants to simply start a conversation on the idea in Calgary, although he recognizes there will likely be resistance.

"I think a lot of people will look at this and say, 'This is too inconvenient,'" he said. "But it's only in residential areas and really your trip times will only be impacted by a few seconds."

ROBSON FLETCHER/METRO

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Gordon Skidmore shows off an implantable cardioverter defibrillator, like the one that was surgically placed inside his chest last year. ROBSON FLETCHER/METRO

'Insurance policy' for cardiac patients

New research. Calgary cardiologist leading local arm of international study on implanted devices

ROBSON FLETCHER
robson.fletcher@metronews.ca

Gordon Skidmore unbuttons his shirt, pokes around below a scar on his chest and squeezes a small device implanted beneath his skin to show off exactly where it sits inside his body.

"Most of the time I don't even know it's there," the 50-year-old Lethbridge resident said Wednesday.

The implantable cardioverter defibrillator, or ICD, connects to Skidmore's heart with a set of wires that, in the case of a serious cardiac event, will deliver shocks to correct its rhythm. It's been in since April 2012 and, so far, has yet to do so.

"But it's nice to have that feeling that there's that little bit of insurance there, just in case I do have a problem with my heart," he said.

Skidmore is one of what researchers hope will be 1,400 participants with abnormal heart patterns in a worldwide study of the devices, with a big chunk of the science taking place through the University of Calgary and AHS Libin Cardiovascular Institute of Alberta.

Principal investigator Dr. Derek Exner said only about one in four people who could benefit from the devices actually receive them.

He said the study is aimed at providing a base of evidence on the devices' effectiveness at saving lives, something that has yet to be demonstrated on a large scale.

By the numbers

800

Roughly 800 people receive implantable cardioverter defibrillators each year

Highwood River

Nixing bridge will protect river from floods: Province

The Alberta government hopes removing a bridge will help protect the town of High River from future flooding.

The province says crews will start removing the Canadian Pacific Railway bridge over the Highwood River next month. It hasn't carried any rail traffic since 2010. The bridge, built in 1892, creates a bottleneck in the river.

THE CANADIAN PRESS

Meteor massive. RCMP see fiery show after car hits car that hit bear

Alberta Mounties starstruck by a brilliant meteor streak were delighted to capture the fiery show on their cruiser's dashboard-mounted camera.

Manning RCMP were responding to a chain-reaction crash between two cars and a bear on Sept. 21 when they spotted the massive fireball soaring over the sleepy northern town.

Sgt. Tom Howell jokingly tipped his cap to conspiracy theories after RCMP released the video Wednesday.

"Hello, Area 51," said Howell, as he answered the detachment phone.

While it's more common to spot meteors away from big-city lights, Howell was still awed by the celestial phenomenon.

"Maybe we should be calling the Russians or NORAD on this one," he said.

BRYAN WEISMILLER/METRO

THE SWEET SUCCESS OF WEIGHT LOSS

When it comes to weight control, experts are increasingly putting the spotlight on sugar.

"In fact, mounting evidence points to controlling blood sugar as the key to successful weight loss" says Brenda Watson, naturopathic doctor and best-selling author.

Your blood sugar level is the amount of glucose from the food you eat that is circulating in your bloodstream. It provides energy or is stored for future use. All carbohydrates you eat, with the exception of fibre, are broken down by the body into glucose.

The body only requires 10 teaspoons of sugar per day to perform all its functions, but the average Canadian daily consumption is 26 teaspoons. This is no surprise when you consider that a half-cup of vanilla ice cream contains five teaspoons of sugar while one cup of cooked pasta contains eight.

For weight loss, Watson recommends a daily sugar consumption limit of six to eight teaspoons from all foods. Your body will draw on fat stores for any extra energy it requires and that will lead to weight loss. There are lots of low sugar food options such as lean protein, healthy fats, and virtually all vegetables.

There are also scientifically-proven weight loss products that help balance blood sugar, Watson says. For example, green coffee bean extract gained notoriety when it was featured on Dr. Oz's TV show.

"While I don't believe you can buy weight loss in a bottle, there are certainly products that can help. Green coffee bean is one of them, but I am really excited about a new ingredient called Fraxipure, which is a natural extract from European ash seed. It decreases blood sugar levels, increases fat burning and protects the liver. I recommend Simply Trim because it is the only product to combine green coffee bean extract with this fat-blasting Fraxipure.

"The bottom line — if you balance your blood sugar you will lose weight. How sweet is that?"

HOW MUCH SUGAR IS IN YOUR DIET?

Here is an easy equation for calculating how much sugar is in the food you eat. Nutrition Facts tables on packaged products provide carbohydrate and fibre amounts.

(CARBOHYDRATE GRAMS – FIBRE GRAMS) ÷ 5 = # OF TEASPOONS OF SUGAR

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C-Train. Alleged groper charged with sexual assault

Calgary police charged a man Wednesday with three counts of sexual assault in relation to a series of groping incidents on C-Trains over a span of seven months.

In three separate incidents, police allege Tonny Sembatya Ssonko, 34, approached women sitting alone on a train car, sat next to them and began rubbing their thighs and buttocks.

The victims were all in their 40s and 50s. In two cases the women simply got up and left the train. In the other, the victim confronted the suspect, who then fled, according to police.

The first two incidents occurred on Nov. 20 and Nov. 21, 2012, and the third on June 26, according to police, who said all three took place between 6 a.m. and 7 a.m. on the northeast LRT line heading toward downtown. METRO

CCTV helped

Calgary Transit's public safety and enforcement section and CCTV footage aided in the investigation.

- The accused was released on bail and is due in court on Oct. 4.

Anniversary celebration

Pennies, pictures, predictions put in 2112 time capsule

In 100 years, Albertans will open a time capsule at the legislature to find pennies, pictures, newspapers and century-old predictions of what the might future hold.

The items are being placed in a 2112 time capsule in the northeast corner of the legislature in a ceremony.

The ceremony is the end of celebrations marking the 100th anniversary of the legislature building. THE CANADIAN PRESS

Sharing is caring: Calgarians donate thousands of bears

Acting Sgt. Mike Bertin, head of the CPS victim-assistance unit, with a pile of stuffed bears donated by Calgarians. GLENN KELLY/FOR METRO

Share bears: Welcome to Care-a-lot. This year many of the teddies went to flood survivors

If you went down to Calgary Police headquarters Wednesday, you'd be in for a big, fuzzy surprise.

The CPS victim-assistance unit and Kid's Help Phone rounded up its stuffed inventory once again as part of the 10th annual "Share Your Bear" program.

Since its 2008 inception, more than 25,000 teddies have been collected, providing witnesses of crime or tragedy a cuddly friend in their time of need.

Hundreds of those went directly to both children and adults affected by June's flood.

"The program is phenomenal, it's heartwarming — once you do it you're hooked," said Acting Sgt. Mike Bertin, head of the victim-assistance unit.

Bertin was on hand to carry bags of donated stuffed animals, along with representatives from Kid's Help Phone, the Girl Guides of Canada and Maxwell Realty, who all played a major role in collecting through charity "Bear Drives."

"This initiative takes a village. From the many families, friends, coworkers that donate bears, to the people that sort, tag, transport — this is truly something that the Calgary community should be proud of," said Marcia Harrison, senior regional director of Western Canada for Kids Help Phone. GLENN KELLY/FOR METRO

Generous citizens

3,000

At last count, Calgarians had donated over 3,000 teddies to Share Your Bear this year

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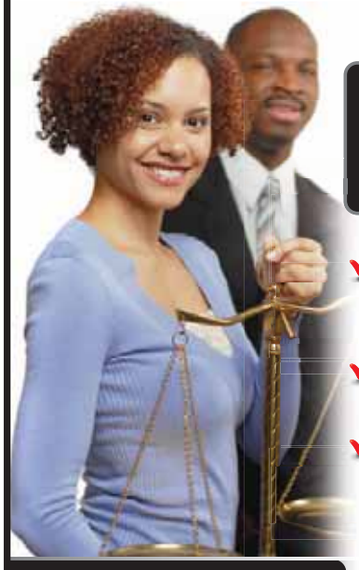

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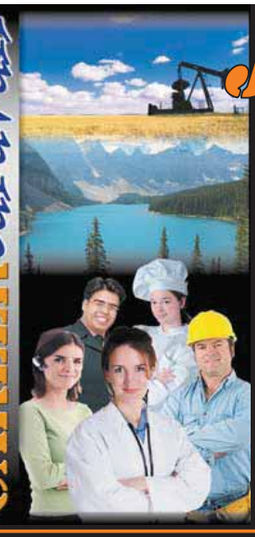

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Smuggling confession fishy to prosecutor

Peru. Guilty pleas by two U.K. women charged as drug mules may be denied; the pleas would lessen their sentences

Peruvian prosecutors said Wednesday that they consider unacceptable the guilty pleas of two young British women caught trying to smuggle 24 pounds of cocaine to Spain in their luggage.

Prosecutor Juan Rosas said that he will ask for a new hearing to give Irish-born Michaella McCollum and Melissa Reid of Scotland the chance to offer a more complete confession. The women pleaded guilty Tuesday to drug-trafficking charges. If the plea is accepted, they face six years and eight months in prison without possibility of parole. Otherwise, they would go to trial and face a minimum of eight years.

Rosas said that the women, both 20, need to explain why they had claimed they were coerced by a gang of armed men. THE ASSOCIATED PRESS

Coerced to spirit cocaine out?

"If they stick to that unbelievable story the prosecution is not going to allow them the benefit of a guilty plea."

Peruvian prosecutor Juan Rosas

Melissa Reid and Michaella McCollum of the U.K., both 20, under arrest on drug charges in Lima, Peru. RODRIGO ABD/THE ASSOCIATED PRESS

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Human trafficking case

Accused exploited victims as young as 14: Crown in B.C.

The Crown says a man accused of human trafficking lured 11 young women into prostitution by offering them a glamorous life of drugs, booze, and a chance to live in downtown Vancouver.

B.C. Supreme Court was told that Reza Moazami, 29, recruited girls to have sex for money. THE CANADIAN PRESS

Landis, Sask.

Oil spill a few hundred metres from a village

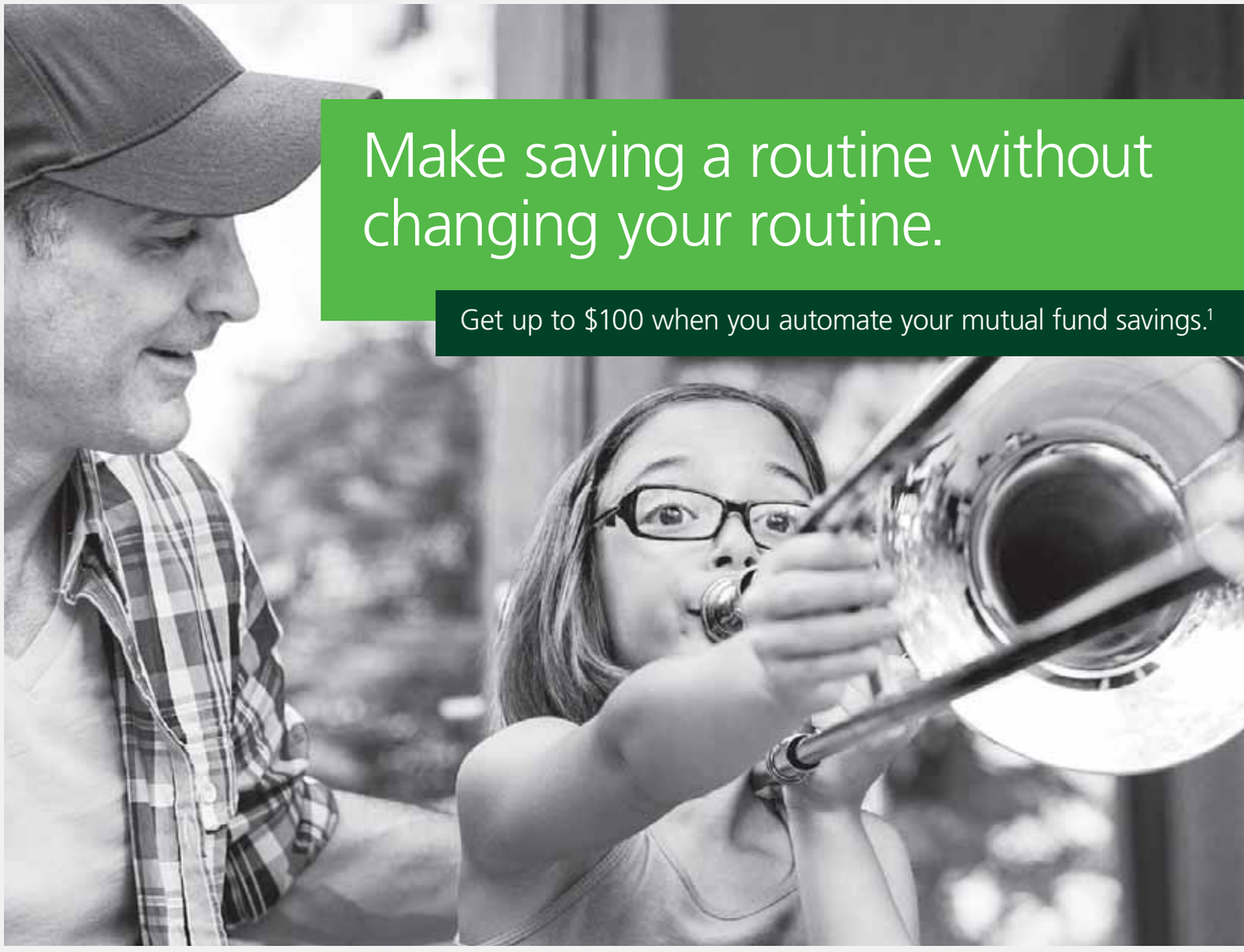
Hazardous material crews were cleaning up oil spilled from a Canadian National train that derailed close to a small community in western Saskatchewan Wednesday.

RCMP said 17 rail cars — some carrying flammable petroleum, ethanol and chemicals — came off the tracks near the village of Landis, west of Saskatoon. THE CANADIAN PRESS

Euthanization of stray dogs ruled legal in Romania

A man holds Lucky, a stray puppy he rescued, during a protest against stray-dog euthanasia. The protest took place outside the parliament in Bucharest. Romania's constitutional court has ruled that a bill on euthanizing stray dogs is legal, weeks after a four-year-old boy's fatal mauling in Bucharest prompted the government to bring forward legislation allowing the killing of strays.

VADIM GHIRDA/THE ASSOCIATED PRESS



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Syria bombshell. Rebels split, call for Islamic law

Nearly a dozen of Syria's powerful rebel factions turned their backs on the West on Wednesday.

They broke with the main opposition group in exile and called for Islamic law in wartorn Syria.

The split deals a severe blow to the Western-backed coalition fighting President Bashar Assad and gives him fuel for his long-stated contention that his regime is battling Islamic extremists.

It's a momentous public rejection of the Turkey-based Syrian National Coalition — the political arm of the Free Syrian Army rebel group — that has long been accused of being a puppet of the West.

"If the groups involved stand by this statement, I think this could be a very big deal," said political analyst Aron Lund.

"It basically means that some of the biggest mainstream Islamist forces within the so-called FSA are breaking up with the political leadership appointed for them by the West and Gulf states, to cast their lot with more hard-line and anti-Western Islamists."

THE ASSOCIATED PRESS

A Free Syrian Army fighter holds his son in the Syrian central province of Hama on Wednesday. THE ASSOCIATED PRESS

Toronto link

Ali Mohamed Dirie, a member of the "Toronto 18" terror plot to attack Canadian institutions, has died fighting in Syria, Torstar News Service has confirmed. He was released from prison in 2011.

Water everywhere ... except at home

Dry humour?

It's the rainy season and there's flooding in Dakar, Senegal ... but there's no water running from the taps

Would you believe it?

It's the rainy season in Senegal and the capital city, Dakar, is dealing with major flooding.

But …

For nearly two weeks, Dakar residents have bathed in the ocean, dug makeshift wells along the beach and waited in long lines for distribution trucks.

Water is no longer running from the taps.

Officials blame it all on faulty equipment.

The situation is so bad that President Macky Sall decided Wednesday to cut short his visit to the United Nations General Assembly to return and address the problem.

As they waited on Yoff Beach for young men to fill plastic basins with water from wells dug in the sand, residents said Sall had better act fast.

The volunteer operators of the wells, made of stones and spare tires, said they were pumping out water for thousands of Dakar residents from 5 a.m. to midnight every day.

"Every day on the radio they say the water will be coming back soon, but the problem still isn't fixed," said 36-year-old Samb Gueye, who brought 10 basins to the beach so her family would be able to cook, clean and bathe.

"I don't know what we'll do if this continues."

THE ASSOCIATED PRESS

Thirsty work: Residents carry home basins of water collected from beach wells on Wednesday. REBECCA BLACKWELL/THE ASSOCIATED PRESS

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Mary Italo grieves for her son Thomas Abayo Italo, 33, who was killed in the Westgate Mall attack, in Nairobi, Kenya, Wednesday. Kenyan authorities prepared for the gruesome task of recovering dozens more victims than initially feared after the country's president declared an end Tuesday to the four-day siege of the Nairobi mall. BEN CURTIS/THE ASSOCIATED PRESS

Al-Shabab says foreigners were a 'legitimate target'

Kenya attack. Somali Islamic extremist group claims they took 'every possible precaution' to separate Muslims from non-believers

Al-Shabab, the armed Somali Islamic extremist group that attacked a shopping mall in Kenya, said Wednesday that foreigners were a "legitimate target" and confirmed witness accounts that gunmen tried to let Muslims go free while killing or taking the others captive.

Quoted

"Zahira and Jennah were Muslims, but these animals just shot them the same as all of the others."

Louis Bawa, whose wife Zahira and daughter Jennah were killed in the attack

In an email exchange Wednesday with The Associated Press, al-Shabab said: "The Mujahideen carried out a meticulous vetting process ... and have taken every possible precaution to separate the Muslims from the Kuffar (disbelievers) before carrying out their attack."

At least 18 foreigners were killed when the militants entered the Westgate Mall on Saturday, slaughtering men, women and children with assault rifles and grenades and taking people hostage. The current death toll is 67 and is likely to climb with uncounted bodies remaining in the rubble of the Nairobi mall.

Despite their efforts to spare Muslims, some of those killed were members of the faith. One man, Louis Bawa, whose wife Zahira and daughter Jennah were killed, told a London newspaper that al-Shabab was "using religion as an excuse to kill people." THE ASSOCIATED PRESS

China

Man gets death for killing child in parking dispute

A Beijing court Wednesday convicted a man of murder and sentenced him to death for hurling a toddler to the ground. The two-year-old girl died in a hospital days after the incident. Her attacker, Han Lei, was caught the following day. The court said Han, 39, was looking for a parking space when he told the mother that her carriage was in his way. It said Han grabbed the girl from her carriage and raised her above his head before throwing her to the ground. THE ASSOCIATED PRESS

Pakistan. Earthquake survivors struggle to find food, shelter

Survivors built shelters with sticks and sheets Wednesday, a day after their mud houses were flattened in an earthquake that killed 285 people in southwestern Pakistan.

While waiting for help to reach remote villages, hungry people dug through the rubble to find food. And the country's poorest province struggled with a dearth of medical supplies, hospitals and other aid.

The quake flattened wide swaths of Awaran district, where it was centred, leaving much of the population homeless. Almost all of the 300 mud-brick homes in the village of Dalbadi were destroyed.

Noor Ahmad said he was working when the quake struck and rushed home to find his house levelled and his wife and son dead.

"I'm broken," he said. "I have lost my family."

At least 373 people were also injured, according to a statement from the National Disaster Management Authority, which gave the latest death toll.

THE ASSOCIATED PRESS

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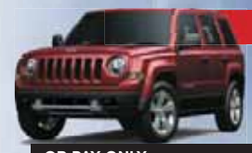

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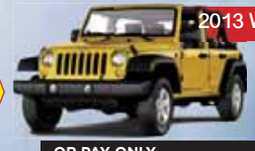

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"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard."
Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England
The International Council of Shopping Centers says malls around the world are beefing up private-security personnel or bringing in more off-duty police officers after last weekend's attack on an upscale mall in Nairobi. GETTY IMAGES FILE

Nairobi attack increases scrutiny of mall security

Retail. Industry worries that increasing measures to keep shoppers safe will just scare them away

Some malls around the world have been scrambling to add security guards to look for suspicious people following a deadly attack on a shopping centre in Nairobi over the weekend. But for other malls, it's been business as usual.

The mixed reactions by malls across the globe isn't unusual in an industry whose security efforts vary from unarmed guards in most shopping centres in the U.S. to metal detectors and bag searches in places like Israel to main entrances that resemble airport security lines in India.

The disparity offers an insight into why any moves following the Nairobi incident to increase mall security in countries that have less strict procedures aren't likely to last: The industry continues to struggle with how to keep shoppers safe without scaring them away.

Security concerns come after al-Shabab militants, wielding grenades, took control of Westgate mall in Nairobi, Kenya. THE ASSOCIATED PRESS

$11-million claim

Ousted CEO of AlarmForce files suit over dismissal

The recently ousted CEO of AlarmForce Industries has filed a wrongful-dismissal lawsuit against the home-security firm he founded 25 years ago. Joel Matlin, who was at the company's helm since its inception in 1988, claims he was dismissed without cause or notice. AlarmForce was not immediately available for comment. THE CANADIAN PRESS

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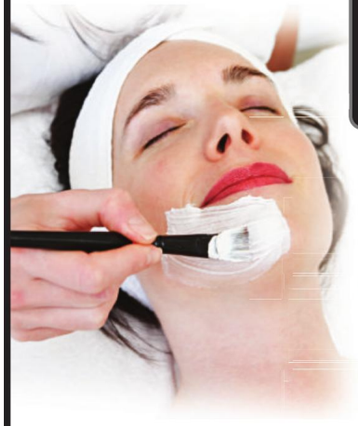

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HE SAYS

John Mazerolle
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Are you infatuated? Obsessed over another? Stuck on that powerful drug that is both more and less than love? If you're not sure, check for these key signs:

• Your special someone jumps to mind during songs on the radio, including jingles for toilet cleaner. ("He makes me flushed too!")

• Something as simple as a Coke bottle reminds you of her. (Or a Coke can; we're body-positive here.)

• They're the last thing you see when you fall asleep and the first thing you see when you wake up, because you're camped outside their window.

One item on this list might be OK, even healthy, but if you do all three then you're probably infatuated.

I'm a longtime expert. Even in Grade 3, I would tell my camp counsellor that I had a crush on her, then coyly explain that I only meant Orange Crush, while making moon eyes at her. (Keeping with the pop theme, I turned a shade of cream soda.)

But now, 200 years later, I've realized that infatuation is for kids. It's fun, but so is running around with my arms out making airplane noises. Just because I used to do it doesn't mean I still can, no matter how fun it was.

I had a date last week that went pretty well, but then I got an endorphin rush going, propping me up, up, up ... and had to stop myself on the way to Cloud 9 before I spiralled right out of control. It was a close call, but my survival means I can share these tips:

What's love got to do, got to do with it?: Dealing with infatuation

• Determine whether it's love, infatuation or lust. If it's love, you'll be in love. If it's infatuation, you'll Google advice on whether it's infatuation or love. If you can't tell if you have lust, I can't help you. See a doctor.

• Don't try to "accidentally" meet them. Though meet-cutes are a Hollywood staple, in real life, showing up unannounced at a construction site, airplane cockpit or reactor core is often more trouble than it's worth. If you must, send a Facebook wall message and ask if they're aware of any federal laws and statutes surrounding trespassing at their workplace. Finish with a winky face!

• Remember a good relationship is a partnership. E.g. If you know the names of the children you're going to have with your new acquaintance/future spouse, then write a list and allow them to choose from several of your ideas. Watch their eyes widen as they come to appreciate what they've found in you.

• Bonus tip for infatuees: Occasionally somebody will be infatuated with you! If that happens, the other person may be very vulnerable and easy to manipulate. That's when you pounce — for a better world. Bite your bottom lip and whisper, "What I'd love is a man/woman who will lobby city hall for a curbside recycling program," or "It'd be so hot to see you and all your friends donate blood."

And those are my tips, gentle readers. I hope you found them helpful. If you need anything else from me, remember I'll be right here — on Cloud 5.

ZOOM

The veiled, unveiled in photos

LYNSEY ADDARIO/NATIONAL GEOGRAPHIC

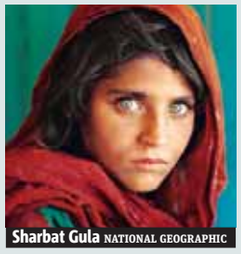
125 years marked with iconic images from mag's archives

National Geographic is celebrating its 125th anniversary with a special photography edition that features the most iconic images from the magazine's history. Pictured is a scene from Afghanistan in 2010: Pregnant Noor Nisa, 18, and her mother wait to be driven to hospital, where Noor would give birth to a baby girl.

The issue features National Geographic's most famous photo — the piercing green eyes of Sharbat Gula, a 13-year-old Afghan girl in Pakistan's Nasir Bagh refugee camp, pictured on the right — which appeared on the magazine's June 1985 cover.

The girl's identity was unknown for 17 years until she was tracked down in 2002. The image was originally placed in the reject pile before being rescued.

METRO



Sharbat Gula NATIONAL GEOGRAPHIC

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I know how it is. You got home last week with your shiny new copy of GTA V, only to power through it at a tragically swift clip — unable to keep your enthusiasm in check. Well, luckily, a lack of gaming self-control is one of the many things your smartphone can paper over for you.

CONTRIBUTED

Puzzle & Dragons:

The kids in Japan are losing their minds over this fantasy puzzler, and for good reason. The mechanics are much deeper than anything most match-three games have ever dreamed up and you get to collect monsters. Sold! Well, not sold, actually. It's free. (iOS, Android/Free)

Heroes of Loot:

An old-school roguelike dungeon crawler that sends you into the depths to wipe out an unending onslaught of monsters. Like most roguelikes, there's no real endgame to conquer except securing some real estate near the top of global leaderboards. (iOS, Android/$1.99)

Slender Rising:

The spooky Slender Man series is the star of countless Watch My Roommate Get Scared YouTube videos, but if you've never tried one of the games, this is the best place to start. Work your way through creepy forests and playgrounds, piecing together the story behind the titular character. Of course, you're being stalked by him the entire time and if he snares you, you're going to lose. (iOS/$2.99)

Twitter

@metropicks asked: One four-legged friend helped his owner curb a crack habit. How does your pet help you improve?

@Cazzy: Teaches me how to clean up for when I have kids.

@Idanielledoiron: My alarm didn't go off this morning. My cat woke me screaming just in time for me to get to work. Thanks puss!

@Canucklehead_ca: My cat. She teaches me humility and how utterly insignificant I truly am.

@adrienne_kenny: My puppy has taught me to smile and appreciate the little things in life.

@gixxerrider105: after a bad break up my dog forced me to stay motivated. I was really depressed and he kept me going.

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SCENE

Kings are back in the saddle

Kings of Leon. The one-time band of the moment returns with Mechanical Bull and talks about their hard partying days and mental breakdowns

RICHARD PECKETT
Metro World News

At the Kings Of Leon's pinnacle even the celibate were singing Sex On Fire. They were rock 'n' roll personified — a multi-platinum fourth album Only By the Night in 2008, lingerie models, and rumoured riders of excess that read like an illicit pharmaceutical shopping list.

Their 2011 mega-tour should have undisputedly confirmed the Followill brothers — Caleb, Jared and Nathan; and cousin Matthew — as rock's royal family. Instead, it ended in self-inflicted regicide, when frontman Caleb delivered this gutter-style mid-show abdication in Dallas.

"I'm gonna go backstage and I'm gonna vomit; I'm gonna drink a beer and I'm gonna come back out and play three more songs."

He never returned. The tour was over.

But after their two-year hiatus, the Kings are back to reclaim their throne. The Nashville-based band's sixth album, Mechanical Bull, which dropped on Tuesday, certainly seems a return to form, with all the rawness and frank storytelling-lyricism of the band's early albums.

"There's a conscious effort to have a little bit more energy on this album," says bassist Jared, who opens up about childhood rebellion, his LSD trip and riding a mechanical bull — naturally.

Party days

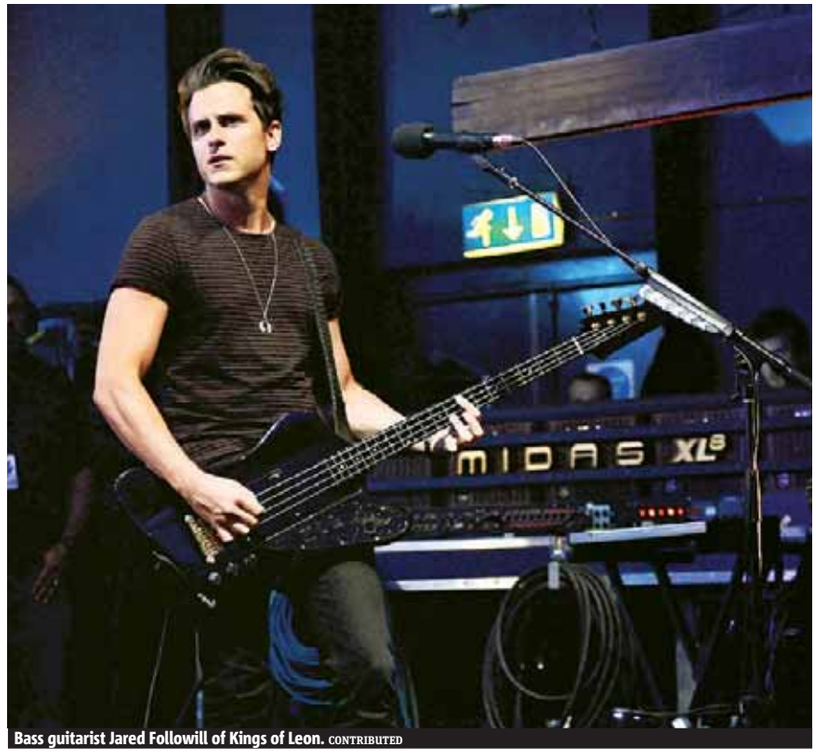
"We did drink a lot but I think that the reason why the meltdown happened wasn't necessarily because of drinking."

Jared Followill
Talking about his partying days

It's called Mechanical Bull. Do you have any experience of riding one of those?
A couple. I did one at this party called the Neon Carnival Party in California at Coachella. And I'm pretty sure I'm the only one that rode it correctly with one hand in the air. Everybody else was using two hands and would be like, 'Man, it's so easy. I stayed up there for like 30 seconds.' And it's like — 'because you cheated.'

Did you have a beer in your hand?
Yup. And tequila in my mouth.

Was the hedonism of your early days a rebellion against your religious upbringing?
Probably not consciously but it was definitely like an animal that had been let out of a cage and allowed to roam free. I feel like every single person I know who grew up in the United Pentecostal Church, if they ever get out of it, they go crazy for at least a few years. You'll see them out and they'll either have ridiculous hair or the girls will dress so inappropriately. I don't want to say a word that will get me into trouble, but the girls are completely out there.



Bass guitarist Jared Followill of Kings of Leon. CONTRIBUTED

Your love of rock music from the early ages is in stark contrast to the church music. Did it form part of your escapism?
Yeah, it was almost in a sense like when you said earlier "was the hedonism part of a rebellion?" That wasn't so much consciously as maybe rock music felt rebellious to us. Because growing up, we weren't allowed to listen to anything. Our parents would let us listen to music from the '50s and '60s because a lot of the themes were toned down. But we would hear stuff every once in a while. I remember hearing sneak-peeks of Nirvana and stuff at friends' houses and even, like, being a young kid in fifth or sixth grade hearing Oasis or even Bush and people like that and thinking, "Holy shit, that is awesome."

If you hadn't have had that meltdown in 2011, would you have continued with the hedonism or did you need that?
I think at that point, we weren't even that hedonistic. I feel like we just drank. When people talk about our drug days, they think, "Oh my god, those guys were doing drugs constantly!" and we really weren't. I wouldn't say we had never done a drug or anything like that — obviously we smoked weed and stuff. Even in 2011, we did drink a lot, but I think that the reason why the meltdown happened wasn't necessarily because of drinking.

New show painfully close to Fox's real world experiences

New show. Michael J. Fox makes his first full-time return to television since he left

Tracy Pollan, left, Michael J. Fox, and Wendell Pierce star in The Michael J. Fox Show. ERIC LIEBOWITZ/THE ASSOCIATED PRESS

What happens when you put Michael J. Fox and five Canadian reporters at a table?

Hockey talk.

The Edmonton-born, Burnaby, B.C.-raised actor has lived almost two-thirds of his life in the United States, but while you can take the boy out of Canada, you can't take the Canadian out of the boy.

Though Fox's interview time is carefully limited, there's a full five minutes of chatter about the Leafs, Canucks and his beloved Bruins before everyone gets down to the reason Fox is at the summer network press tour — to promote The Michael J. Fox Show. The sitcom premieres Thursday on NBC and Global.

The series has been tailor-made for the actor. Fox stars as Mike Henry, a popular New York news anchor who gave up his job after being diagnosed with Parkinson's disease. Five years later, with his family's support, he decides to go back in front of the cameras. Betsy Brandt (Breaking Bad) plays wife Annie Henry, Wendell Pierce (Treme) his boss Harris Green. Recurring characters include Anne Heche as a rival news anchor and TV veterans Candice Bergen and Charles Grodin as Mike's parents.

Fox teamed with executive producers Sam Laybourne (Cougar Town) and Will Gluck on the project.

"I really wanted to do a show about a guy with Parkinson's," Gluck jokes, "and a couple of people passed."

Gluck and the others see it as a family comedy first, but one absolutely based on Fox's own experiences dealing with Parkinson's. Henry is shown in the pilot scattering instead of serving scrambled eggs and misdialling 911, all played for laughs.

"Mike paid for those experiences," says Gluck, "so they're the intellectual property of Michael J. Fox."

Fox himself stepped away from his last regular series, Spin City, in 2000 after going public with his struggles with Parkinson's, first detected a decade earlier.

At the time of the revelation it seemed like a cruel twist of fate for the actor, who was beloved for his Back to the Future films as well as for his run in the '80s as young conservative Alex P. Keaton in Family Ties.

Fox came to terms with his situation and became a leading spokesperson for efforts to combat the disease. His Michael J. Fox Foundation has so far funded more than $350 million in research toward finding a cure.

Spearheading that drive and helping his wife of 25 years, actor Tracey Pollan, raise their four children became Fox's main focus for a decade. When medical advances helped to stabilize Fox's tremor symptoms, the itch to get back on TV began.

"I just thought, 'Why can't I?'" he says. "I mean, there's no reason not to do it."

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Last Week: 4 / Weeks on List: 3

2. THE LONGEST RIDE Nicholas Sparks
Ira and Ruth. Sophia and Luke. Two couples who have little in common, and who are separated by years and experience. Yet, their lives converge with unexpected poignancy in Nicholas Sparks's new novel, *The Longest Ride*.
Last Week: 16 / Weeks on List: 2

This Week		Last Week	Weeks on List
3.	MADDADDAM Margaret Atwood	3	5
4.	THE SILENT WIFE A.S.A. Harrison	1	5
5.	A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett	2	4
6.	NEVER GO BACK Lee Child	5	4
7.	STEVE JOBS Walter Isaacson	11	3
8.	THANKLESS IN DEATH J.D. Robb	20	2
9.	W IS FOR WASTED Sue Grafton	5	2
10.	INFERNO Dan Brown	20	5
11.	THE CASUAL VACANCY J.K. Rowling	10	3
12.	WINTER OF THE WORLD Ken Follett	8	5
13.	GRAIN BRAIN David Perlmutter	15	2
14.	STILL FOOLIN' EM Billy Crystal	14	3
15.	TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean	18	2
16.	THE END OF GROWTH Jeff Rubin	13	4
17.	THE WITNESS WORE RED Rebecca Musser	17	3
18.	LOOPTAIL Bruce Poon Tip	19	2
★ 19.	KILLING JESUS Bill O'Reilly	-	1
★ 20.	DR. SLEEP Stephen King	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 30th
★ New this week

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MGMT: forever being misunderstood. CONTRIBUTED

The psychedelic rockers want you to see them as they are

Interview. Their self-titled third album is a statement of self identity: they're undefined and intangible

RICHARD PECKETT
Metro World News

MGMT's Andrew VanWyngarden and Ben Goldwasser never wanted to be famous. But quirky poppy zingers like Kids, Electric Feel and Time To Pretend from their debut 2007 album Oracular Spectacular made them household names, especially after being featured in movies such as 21, TV shows like The Voice and a Nokia ad. It was like their psychedelic private art house jamming session had been crashed by an accidental open Facebook invitation.

Rather than embrace the masses, the Brooklyn-based duo stoically continued with an ever more zany second album, Congratulations, in 2010. Indeed, the early days of face paint, hippy headwear and neon accents were discarded in a now forgotten fancy-dress box — and Kids was no longer on the set list.

This apparent fan neglect reads as anti-commercial label career suicide; MGMT's paradoxical style can seem frustratingly hipster but they, as self-indulgent as this sounds, are out to please themselves. The 30-year-old rockers are in an enviably privileged position with the backing of a major label (Columbia), free to satiate their musical whims — something they've taken into their self-titled third album MGMT.

You said that your music has been misunderstood in the past. Is this album about reestablishing your identity?
I feel like we're presenting ourselves in the way we'd like to be seen. I think it's a little strange to us that people want to impose a narrative on us as a band. We're not thinking too much about what our image is or what we'd like to be known for.

Your music is often described as paradoxical. Is it important for you to create something that's intangible or ineffable?
I think in a lot of ways music is always about the intangible. I think our album is music that a lot of people could get into, potentially. We're not trying to scare or be intentionally experimental, but also I don't think you want to be known only as a band who writes quirky pop songs.

You get a lot of criticism for alienating your fans but you've got nearly four million Facebook likes. Do you find it frustrating that critics and people keep harking back to the days of Time to Pretend and Kids?
It's frustrating; we've never intentionally alienated anybody.

One more question

What do you dislike about pop culture?

- **Quote.** "I don't want to say that I dislike it. It has its place, but I think there's room for a little more subtlety in pop culture. It's really strange for us as a band because we've been accepted by mainstream culture kind of by accident. But we also draw so much of our inspiration from underground stuff that never reached the mainstream."

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Zac Efron. ALL PHOTOS GETTY IMAGES

Rehab was inevitable after troubled Efron started 2013 'like a junkie'

A new report in the National Enquirer details how Zac Efron kicked off 2013 — with troubling behaviour that likely led to his rehab stint in the spring. An anonymous source recounts watching the 25-year-old star pass out after a night of abusing prescription painkiller Oxycodone as well as alcohol, marijuana and Adderall at New York's Thompson Hotel on Jan. 3. "I was scared for him," the source says. "He was like a junkie. He wanted the drugs so bad. He went through a lot of pills even though it was clear he was entering a danger zone. My worst fear was that he had died from an overdose."

Lindsay Lohan

Schedules to blame for Lohan's latest break up

Looks like it's a no-go for Lindsay Lohan and former football player Matt Nordgren, who have reportedly split up after briefly dating, according to Us Weekly. "Their work schedules and the distance just make dating impossible," a source says. "He really likes her. He thinks she's back on top, emotionally and physically."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Could it be?! Drake and Chris Brown patch things up

MELINDA TAUB
Metro World News in NYC

Make new friends, but keep the old. One is silver and the other beat up a lady one time. Chris Brown and Drake have squashed their beef and they may even become pals, according to Page Six. The pair apparently met up at the iHeartRadio Music Festival in Las Vegas this weekend, which Drake and his crew attended specifically to catch Brown's performance. "Drake came on Friday with his whole crew, and watched Chris' entire set," a source said. The happy reunion continued after the show: "They were backstage hugging and drinking," another source reports. Apparently, the meeting went so well that the pair are talking about collaboration on tracks, even though no one should ever want to be friends with Chris Brown or work with him or talk to him, so he eventually has to become a garbage man and live in the dump. Hopefully Drake is just pretending to be Chris's friend so it'll sting even more when he has to become a garbage man. Brown recently took time off from drinking fruity cocktails and hitting the beach in Hawaii to tag a wall with epithets like "F— police" alongside what is apparently a shout-out to the Bloods. Brown, he of sound life choices, signed his illegal street art with the words "Fruits Piru," which people who know more about the intricacies of urban gang life than we do speculate is a reference to the Fruit Town Piru gang, a subset of the scary-as-hell L.A. gang.

Amanda Bynes

Bynes' lawyer wants her hitting-cop-car case held in mental health court

Amanda Bynes was set to resurface this week for a court appearance stemming from her 2012 arrest for hitting a police car with her rented BMW, but Bynes' lawyer wouldn't let her near the courthouse. Attorney Richard Hutton claims that Bynes doesn't currently have the mental capacity to fully comprehend the legal proceedings, asking the judge to refer the case to the mental health court, according to E! News. "The mental health court will examine Bynes and determine her competency to stand trial," he says. Bynes is currently under observation at the UCLA Medical Center, and a hearing is set for next week to determine if her parents' temporary conservatorship should be made permanent.

Twitter

@JimCarrey
It's gonna be an amazing day! You know why? CUZ I DOUBLE FRICKIN' STAMPED IT!

@justinbieber
Any account on twitter isn't actually my Grandparents! They don't have twitter and say they never will

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SHOPPERS DRUG MART

You can always rely on Milan for two things: exuding luxury, and being fashion month's halfway mark. The latter means we can move from tentative to confident in our breakdown of the trends for SS14. Despite the markedly different scenes across New York, London and Italy, discernible similarities have already emerged, so take note.

KIT GILBERT
Metro World News

5 things Milan told us about la mode

Skin is in

If there's one thing Milan has over every other fashion capital, it's sex. It returned this season in the form of super sheer garments, peek-a-boo cut outs, belly-grazing necklines and hemlines your mother wouldn't approve of.

Gucci

'90s minimalism reigns

Will the '90s ever get old? It appears not, as the era's minimalist esthetic is going nowhere. With everyone apparently singing from the same Calvin Klein sheet, it's slip dresses and spaghetti straps galore — with a strict colour palette of neutral shades.

Max Mara

The shirt dress is a bona-fide thing

Whoever first decided to wear her boyfriend's shirt as a dress must have been an audacious woman. Thankfully, we're no longer going to have to tug at those tails to stay decent, as the shirtdress is now a thing. It's popped up all over the fashion circuit and it's made its way to Milan via No. 21 and Tod's where floral, spangled embellishments and eyelets send this idea into more wearable territory.

The graphic print party is still happening

No one quite owns the idea of print mixing like Prada and Marni, both of which showed stellar graphics that were as much about texture and colour as they were about print. The new designer, Stella Jean and Emilio Pucci, meanwhile, took the more traditional ethnic route, referencing African prints.

We've got tiers in our eyes

Things that have tiers include wedding cakes and football stadiums. Now you can add clothes to the list, as Simone Rocha, Meadham Kirchhoff and Hérve Léger all added layer upon layer to their creations. And we're not talking ruffles either — these are hard-edged, angular strips of fabric. Our Milan favourite in this department is Fendi, which showed ombré cascades.

A living room couched in style

A four-part series to help you get one of the most important spaces in the home looking great.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-week series, I'll serve up decor tips to get your living room looking fabulous in time for the holidays. Today I tackle the largest furniture piece in the room: the sofa.

Size

For those living in smaller homes, the challenge is to find the right sofa that fits seamlessly without taking over the space. Luckily, there's an easy way to measure the size of sofa your room can comfortably hold: Measure the width of your room — your sofa should be 2/3 of that measurement. For instance, if your room is 10 feet wide, the sofa length should be about six feet by six inches. This allows the sofa to fit nicely on the smaller wall or helps to divide a long room and still allow space on each end for side tables. By fitting the sofa to the shorter wall, you are guaranteed it fits on the longer wall as well.

Style

The style of sofa reflects many things; whether you like a modern or traditional decor, the comfort level you require and the colour of covering desired. A sofa with a rounded arm, skirted bottom and light-to-medium neutral fabric will look best in a traditional setting while a square-armed, exposed wood (or metal) leg and a very light or very dark covering will imply a modern feel. If you fall asleep watching TV on your sofa every night, then choose one with lower and deeper seating for ultimate comfort. If you use your sofa strictly for entertaining, then a higher seat and less depth is recommended in order to sit upright. As for coverings, there are many to choose from. A plain, neutral covering will add longevity to the look of your sofa. The covering choice (everything from linen to leather) is all about the durability you might require. A warm neutral colour works best in traditional settings and cooler tones in modern.

Cost

Consider the budget for decorating your living room; a sofa should eat up about 20 per cent of the budget. If you have not budgeted for your room's decor, then another way is to consider how long you will want your sofa; each year should cost about $250. For instance, if you plan on keeping a sofa for only three to five years then an $800 to 1,200 cost would be suitable. If you want it to last for 10 to 15 years then pay around $2,500 to $4,000. The fabric is the first thing that will get worn out, followed by the internal support/springs. These are the two things you should investigate and ask about; especially when purchasing a sofa you want to keep long term.

Next week: Part two: Choosing tables and lighting.

A traditional sofa with rounded arms, skirted bottom and upright seating. Chandler Sofa, from $3,100, ethanallen.ca. CONTRIBUTED

Low, deep seating with square edges and exposed metal legs make this sofa perfect for a casual, modern living room. Mondrian Sofa, $1,100, Urban Barn, urbanbarn.com. CONTRIBUTED

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Home cleaning

Don't use a product with ammonia to clean Plexiglas; it will turn the material yellow over time. ISTOCK

Go natural to clean Plexiglas

How do you clean Plexiglas?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

As Plexiglas becomes a more popular material that many of us have in our homes, it occurred to me that most people don't know how they should begin to clean it. Plexiglas as a material is used to build furniture; I myself have a Plexiglas coffee table. It's also used in decorative arts material and even in some picture frames to replace glass for weight.

So how do we clean this material?

Never use a product with ammonia, as this will make it turn yellow over time. The best way to clean this is with an all purpose cleaner (50 per cent water and 50 per cent white vinegar) and a soft cloth such as cotton or microfibre.

So there you have it. You are now an expert on how to clean Plexiglas.

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THE BRIDGES · CALGARY · APEX cityhomes · RENNIE MARKETING SYSTEMS

Shrimp, Cherry Tomato and Goat Cheese Bake: Layers of flavours

This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you're looking for a quick and delicious one pot meal this hits home.

The shrimp compliments the delicate sweet tomatoes and creamy goat cheese. Serve the dish with a side of green salad.

You can prepare the entire dish earlier in the day and bake at 400 F for five to eight minutes. It's also great at room temperature.

1. Preheat the oven to broil and spray an 8-inch baking dish with cooking oil. Preheat a non-stick grill pan or barbecue to medium-high.

2. Grill shrimp for approximately 4 minutes, turning halfway through the cooking time. Do not overcook. Place in the prepared baking dish.

3. Combine the tomatoes, cilantro, garlic, dried basil, jalapeño pepper, salt and pepper. Mix well and pour over the shrimp. Sprinkle with the goat cheese. Broil for 2 minutes or just until browned. Remove from the oven.

4. Combine the oil and lemon juice and drizzle over the top. Garnish with the cilantro and serve.

Ingredients

- 1 1/2 lb peeled and deveined shrimp
- 3 cups of cherry tomatoes sliced in half
- 1/4 cup chopped cilantro or parsley
- 1 1/2 tsp crushed fresh garlic
- 1 tsp dried basil
- 1 tsp minced jalapeño peppers
- pinch salt and freshly ground black pepper
- 1/2 cup crumbled goat cheese
- 1 tbsp olive oil
- 2 tsp freshly squeezed lemon juice
- 2 tbsp chopped cilantro or basil

For your phone

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People CelebFood (iPhone - Free/ Android - $0.99 subscription)

Hugh Jackman's Ginge...
SAVE
HUGH JACKMAN
Ginger Fried Rice
ABOUT
INGREDIENTS
STEPS
The star enjoys this Korean dish by the renowned Jean-Georges and Marja Vongerichten, his costars on Kimchi Chronicles. Says Jean-Georges: "He loves that it's satisfying!"

From Sheryl Crow's Chicken Tacos and Matt Damon's Beef Satay Skewers to Kate Middleton's Sticky Toffee Pudding and Richard Gere's Cinnamon Rolls, People's step-by-step cookbook offers favourite recipes shared by celebrities.

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Tennis

Bouchard's game translates well to Tokyo

Montreal's Eugenie Bouchard will try to continue her string of big wins at the Pan Pacific Open when she faces American star Venus Williams in the quarter-finals.

Bouchard upset sixth-seeded Jelena Jankovic of Serbia 7-5, 6-2 on Wednesday, a day after ousting No. 8 Sloane Stephens of the U.S. THE ASSOCIATED PRESS

Basketball

Canada tops Cuba to stay undefeated

Forward Tamara Tatham had a game-high 17 points and nine rebounds, and Canada's women's basketball team defeated Cuba 53-40 on Wednesday to finish the group stage undefeated at the FIBA Americas Championship for Women.

Guard Kia Nurse added 13 points, four rebounds and three assists as Canada finished with a record of 4-0, good for first in Group A. Canada will play the second-place team from Group B in Friday's semi-finals. THE CANADIAN PRESS

NCAA basketball

"It just caught my heart. This is where I felt like I belonged.... I felt more at home here than anywhere else."

Canadian basketball star Andrew Wiggins as his Kansas Jayhawks met with media on Wednesday.

Coyotes goalie Mike Smith stops a shot from the Flames' Corban Knight at Scotiabank Saddledome on Wednesday night. DEREK LEUNG/GETTY IMAGES

Coyotes extinguish Flames in overtime

NHL. Calgary erases two-goal deficit but Michalek's slapshot gives Phoenix the win

On Wednesday

Coyotes	Flames
3	2

Zbynek Michalek scored 3:53 into overtime Wednesday night to give the Phoenix Coyotes a 3-2 pre-season victory over the Calgary Flames.

The goal came on a slapshot from the blue-line with Reto Berra screened by a group of players in front.

Oliver Ekman-Larsson and Shane Doan also scored for Phoenix (3-2-1). The Coyotes finish their pre-season Friday night with a home game against the San Jose Sharks.

Mike Smith had 29 saves to get the victory.

Lance Bouma, with his fourth goal of the pre-season, and Corban Knight scored for Calgary (4-2-1). The Flames have a full week off before opening the regular season in Washington on Oct. 3.

Calgary trailed 2-0 until halfway through the third period when the Flames finally solved Smith, tying the game with goals less than two minutes apart.

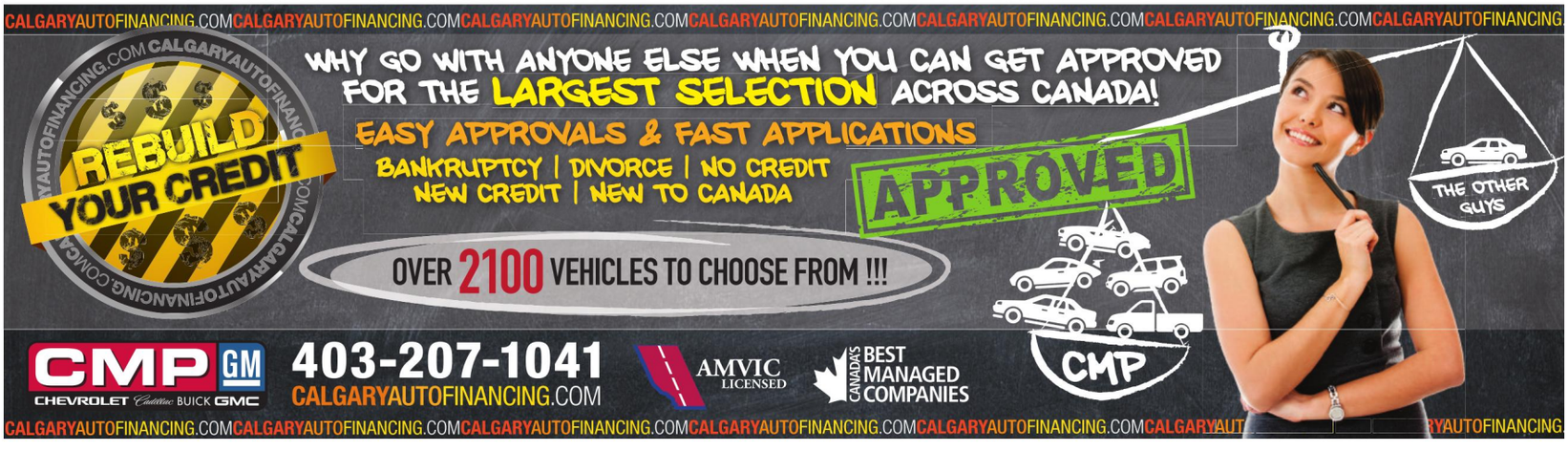
Bouma and Knight were among a handful of Flames forwards in the lineup and getting one last chance to impress coach Bob Hartley and try and win a spot on Calgary's season-opening roster.

Due to a serious knee injury, Bouma was limited to just three AHL games last season. That came after a 2011-12 season in which he played 27 games for Calgary and looked to be a good bet to make the team last year.

Known more as a hard-hitting energy guy, Bouma has just five goals in 61 games between the AHL and NHL the past two seasons. The unexpected offence of four goals in four pre-season games will only help his case.

Making Knight an attractive option is he's a natural centre, which is a position of need for the Flames. THE CANADIAN PRESS

4 SPORTS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Bronx Bombers won't see light of playoff baseball

Brendan Ryan, left, and Robinson Cano wait during a pitching change on Wednesday. The Yankees will also have to wait until 2014 to make another run at the playoffs. KATHY WILLENS/THE ASSOCIATED PRESS

Fall of the Evil Empire.
Yankees eliminated from post-season hunt, won't advance for first time since 2008

The New York Yankees failed to make the playoffs for only the second time in 19 years, getting mathematically eliminated Wednesday night during an 8-3 loss to the Tampa Bay Rays.

Evan Longoria homered twice as the Rays won their sixth straight and lowered their magic number to three over Texas for clinching an AL wild-card berth.

Slowed by age and hobbled by injury, the Yankees (82-76) were chased with two outs in the bottom of the eighth inning when the Cleveland Indians completed a 7-2 win over the Chicago White Sox.

Despite baseball's highest opening-day payroll at $230 million, the Yankees failed to claim one of the 10 playoff berths.

"We didn't get to where we wanted to get," manager Joe Girardi said after it was over.

Since starting the latest run of success in 1995, New York had missed the playoffs only in 2008 — when the team bid goodbye to old Yankee Stadium. This time, the Yankees are saying goodbye to Mariano Rivera and Andy Pettitte, who are retiring when the season ends Sunday. THE ASSOCIATED PRESS

Limping into the off-season

28

In all, the Yankees had a major league-leading 28 stints on the disabled list by 21 different players, according to STATS, and have missed 1,461 days — more than four years' worth.

NL Central. Young Cards on fire down the stretch

All of those young arms embraced this pennant race. The St. Louis Cardinals threw five rookies at the Washington Nationals and clinched a tie for their first NL Central title since 2009.

Shelby Miller earned his 15th win with relief help from Seth Maness, Kevin Siegrist, Carlos Martinez and Trevor Rosenthal in a 4-1 victory that spoiled Jordan Zimmermann's bid for his 20th win and wrapped up a three-game sweep on Wednesday.

All are 24 or younger, and all have been filling critical roles for a while now.

"We know what's at stake and what we need to do to get the job done, how many games we need to win," Miller said. "Hopefully, we can just win them all.

Miller (15-9) has been in the rotation all year and leads major-league rookies in wins after allowing a run in six-plus innings.

Yadier Molina had the go-ahead hit and Matt Adams homered for the Cardinals.

Manager Mike Matheny reported screaming in the clubhouse after the Cubs' Darnell McDonald's go-ahead three-run homer off Francisco Liriano in a 4-2 victory over the Pirates and admitted he'd taken peeks at the scoreboard.

The Cardinals lead the Pirates by three games with three to go. The Reds lost 1-0 to the Mets on Wednesday and were eliminated from the divisional race.

THE ASSOCIATED PRESS

Shelby Miller earned his 15th win for the Cardinals on Wednesday. JEFF CURRY/GETTY IMAGES

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	63	.601	—
Tampa Bay	89	69	.563	6
Baltimore	82	76	.519	13
New York	82	76	.519	13
Toronto	72	86	.456	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	93	66	.585	—
Cleveland	88	70	.557	4½
Kansas City	83	74	.529	9
Minnesota	66	92	.418	26½
Chicago	62	96	.392	30½

WEST DIVISION

	W	L	Pct	GB
Oakland	94	65	.591	—
Texas	87	71	.551	6½
Los Angeles	78	80	.494	15½
Seattle	69	89	.437	24½
Houston	51	108	.321	43

Wednesday's results
L.A. Angels 3 Oakland 1
Cleveland 7 Chicago White Sox 2
Baltimore 9 Toronto 5
Tampa Bay 8 N.Y. Yankees 3
Texas 7 Houston 3
Detroit 1 Minnesota 0
Kansas City at Seattle
Tuesday's results
Cleveland 5 Chicago White Sox 4
Toronto 3 Baltimore 2 (10)
Tampa Bay 7 N.Y. Yankees 0
Texas 3 Houston 2
Detroit 4 Minnesota 2
L.A. Angels 3 Oakland 0
Seattle 4 Kansas City 0
Thursday's games
All times Eastern
Toronto (Buehrle 12-9) at Baltimore (Gonzalez 10-8), 7:05 p.m.
Tampa Bay (Cobb 10-3) at N.Y. Yankees (Nova 9-5), 7:05 p.m.
L.A. Angels (Williams 9-10) at Texas (Garza 4-5), 8:05 p.m.
Kansas City (Guthrie 14-12) at Chicago White Sox (Rienzo 2-2), 8:10 p.m.
Cleveland (McAllister 9-9) at Minnesota (Albers 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	93	65	.589	—
Washington	84	75	.528	9½
New York	73	85	.462	20
Philadelphia	72	86	.456	21
Miami	59	100	.371	34½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	94	65	.591	—
Pittsburgh	91	68	.572	3
Cincinnati	90	69	.566	4
Milwaukee	71	87	.449	22½
Chicago	66	93	.415	28

WEST DIVISION

	W	L	Pct	GB
Los Angeles	91	66	.580	—
Arizona	80	77	.510	11
San Diego	73	84	.465	18
San Francisco	72	85	.459	19
Colorado	72	86	.456	19½

Wednesday's results
N.Y. Mets 1 Cincinnati 0
St. Louis 4 Washington 1
Chicago Cubs 4 Pittsburgh 2
Milwaukee 4 Atlanta 0
Miami 3 Philadelphia 2
Boston at Colorado
Arizona at San Diego
L.A. Dodgers at San Francisco
Tuesday's results
N.Y. Mets 4 Cincinnati 2
Atlanta 3 Milwaukee 2
Philadelphia 2 Miami 1
Pittsburgh 8 Chicago Cubs 2
St. Louis 2 Washington 0
Colorado 8 Boston 3
Arizona 2 San Diego 1 (12)
L.A. Dodgers 2 San Francisco 1
Thursday's games
All times Eastern
Arizona (Cahill 8-10) at San Diego (Erlin 3-3), 6:40 p.m.
Milwaukee (Hellweg 1-4) at N.Y. Mets (Gee 12-10), 7:10 p.m.
Philadelphia (Cloyd 2-6) at Atlanta (Hale 0-0), 7:10 p.m.
L.A. Dodgers (Volquez 9-12) at San Francisco (Lincecum 10-14), 10:15 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Friday's game — All Times Eastern
B.C. at Winnipeg, 8 p.m.
Saturday's games
Calgary at Hamilton, 6 p.m.
Toronto at Edmonton, 9 p.m.
Sunday's game
Saskatchewan at Montreal, 1 p.m.

NFL

WEEK 4

Thursday's game — All Times Eastern
San Francisco at St. Louis, 8:25 p.m.
Sunday's games
Seattle at Houston, 1 p.m.
N.Y. Giants at Kansas City, 1 p.m.
Pittsburgh at Minnesota, 1 p.m.
Baltimore at Buffalo, 1 p.m.
Arizona at Tampa Bay, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Indianapolis at Jacksonville, 1 p.m.
Chicago at Detroit, 1 p.m.
N.Y. Jets at Tennessee, 4:05 p.m.
Philadelphia at Denver, 4:25 p.m.
Dallas at San Diego, 4:25 p.m.
Washington at Oakland, 4:25 p.m.
New England at Atlanta, 8:30 p.m.
Monday's game
Miami at New Orleans, 8:40 p.m.

MLS

Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Mars in Leo does wonders for your confidence but don't let that blind you to the realities of your money situation. Saturn in Scorpio warns it could cost you big time if you take a risk that is best avoided.

♉ Taurus
April 21 - May 21
Disputes are inevitable but none of them are of any real importance, so don't get drawn into slanging matches with people whose main motivation seems to be envy.

♊ Gemini
May 22 - June 21
Check the facts several times today. Neptune, planet of illusion, is strong at the moment, so your mind could easily play tricks on you.

♋ Cancer
June 22 - July 23
Good news will come out of nowhere today, easing your fears and making you realize how fortunate you really are. Also, a friend or colleague will offer you the kind of advice that money cannot buy. Take it.

♌ Leo
July 24 - Aug. 23
You may have to force yourself to be enthusiastic about what you have to do today but once you get going it won't be the chore you feared it would be. It could even surprise you and make you some extra money.

♍ Virgo
Aug. 24 - Sept. 23
A few days from now, you will get the chance to do something a bit out of the ordinary. In the meantime, treat yourself kindly and don't get involved with people who only ever waste your time.

♎ Libra
Sept. 24 - Oct. 23
If you are happy with the way your life is going, that's great. If not, start making changes. The Sun in your sign means it's time to get your act in gear and get cracking on a scheme that is important to you.

♏ Scorpio
Oct. 24 - Nov. 22
With the Sun linked to nebulous Neptune today, it's unlikely you will be thinking straight. Be wary of making plans you cannot easily get out of. Be wary of your feelings too. Can you trust them?

♐ Sagittarius
Nov. 23 - Dec. 21
Your confidence may be at an all-time high and all things may seem possible but don't be deceived: There is still a lot of hard work to be done before you come close to reaching your number one goal.

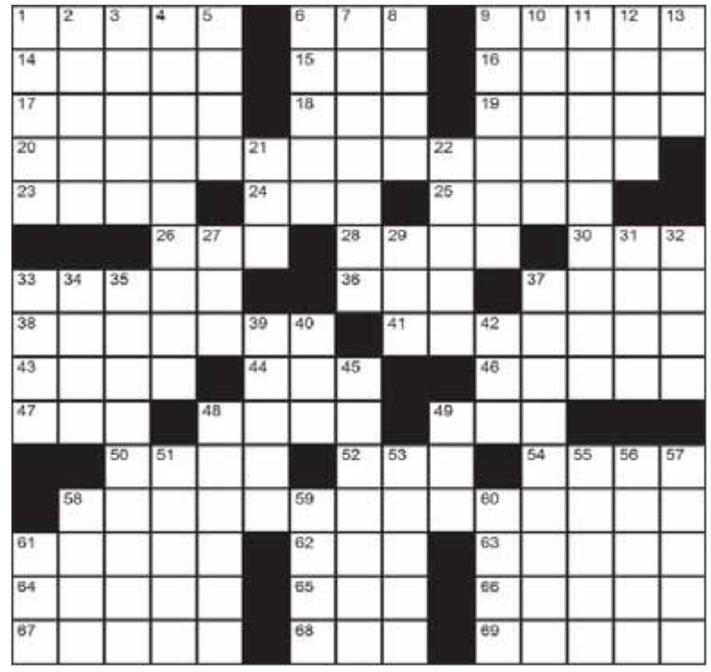
♑ Capricorn
Dec. 22 - Jan. 20
Life moves in cycles and the cycle you are on now mostly deals with your career and position in the wider world. Having said that, you can still find time for love — if you try.

♒ Aquarius
Jan. 21 - Feb. 19
It's good that you are the forgiving sort but don't go too far and forgive people for crimes they should be punished for or you will get a reputation as a pushover.

♓ Pisces
Feb. 20 - March 20
There's no point being uptight about situations that are beyond your control. That is the message of your solar chart today, so avoid confrontations you cannot win. **SALLY BROMPTON**

Crossword: Canada Across and Down

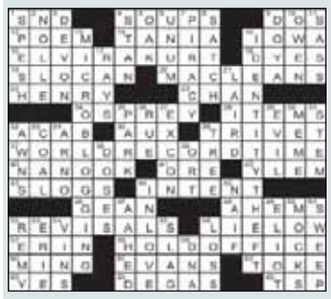
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Wild guesses
6. Work with a wok
9. Canadian author Farley
14. George Clooney job on TV, _ _ __
15. Deer sort
16. "_ __ you to..."
17. "That doesn't __ _ thing!"
18. Hawaii's __ Beach
19. __ __ example
20. Canada's is the Metric, the USA's is the what?: 2 wds.
23. Cobblestone
24. Alias acronym
25. Roman love god
26. 'Ball' suffix
28. Famous river
30. Discontinuity
33. Composer Mr. Copland
36. Polka's partner
37. Low-lying area
38. Comedian Ms. Handler
41. Ottawa, for one
43. Common sitcom roles
44. Glaswegian's 'No'
46. 99, for one, on "Get Smart"
47. TV station
48. Swindle
49. Canada's financial TV channel
50. Wharf
52. Edible green thing
54. Icelandic epic
58. Temporary __ __ (Latest trend in manicures)
61. Mr. Lauzon of Royal Canadian Air Farce
62. British singer Rita
63. Totally consumed: 2 wds.
64. Gambling destination, Monte __
65. Giggling, texting-style
66. Curt
67. Kelly Clarkson's "Since _ __ Gone"
68. Sacred chest
69. Industrial city in Germany

Down
1. 18-wheelers
2. New Orleans-set HBO series
3. Adjust
4. Pre-history working implements: 2 wds.
5. Boo-boo
6. 1978 disco hit: "Le __"
7. "The X Factor" judge Kelly
8. Fancy 'fors'
9. "Did you __ __?" (Returnee's query)
10. John Keats poem, __ __ a Nightingale
11. Political headline-grabber in the 1970s
12. Ancient Syria's biblical name
13. Midmorning time
21. Sir McKellen
22. Conference of 1945 of the Big Three
27. Slip-__ (Some shoes)
29. Winter/Summer games org.
31. Actor Mr. Arkin
32. Throw a snowball
33. Australian band
34. Captain in "Moby Dick" (1956)
35. Moscow tourist attraction: 2 wds.
37. National Film Board short films shown during TV commercials time, Canada __
39. Britannica, e.g.
40. US motorists org.
42. Cook's need
45. "The Last __" (1987)
48. Musical, Miss __
49. Sheep's sound
51. Handy
53. Canadian showbiz news show
55. Getting-things-done people
56. Put out, as flames
57. __, Colorado
58. Grouch
59. Ms. Falana
60. __ Modern (Art gallery in London, England)
61. Hosp. ward for heart patients

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8		5		6		7	
		7				3		
	5		8		1		9	
	3	5				7	8	
8								6
	4	2				5	1	
	7		6		9		4	
		8				9		
	1		2		7		3	

Yesterday's Sudoku

7	8	9	1	3	6	2	4	5
4	6	2	5	7	9	3	1	8
5	3	1	2	8	4	6	9	7
3	2	6	8	4	7	9	5	1
8	4	5	9	1	2	7	6	3
1	9	7	6	5	3	8	2	4
2	7	3	4	6	5	1	8	9
9	1	4	3	2	8	5	7	6
6	5	8	7	9	1	4	3	2

Weather

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2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

16061 Macleod Trail SE

1288 42nd Ave. SE

3012 17th Ave. SE

4410 50th Ave. SE

7845 Flint Rd. SE

Airdrie

2145 Summerfield Blvd.

Strathmore

55 Wheatland Trail

331 3rd Ave.

Okotoks

31 Southridge Dr.

118 Elizabeth St.

*Offer available until November 4, 2013, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging and regular pricing without notice. Cannot be combined with other offers. Offer not available with TELUS Internet 6. HDTV-input-equipped television required to watch HD. 42" LG SMART HDTV offer available while quantities last and cannot be combined with promotional prices. TELUS reserves the right to substitute an equivalent or better product without notice. Manufacturer's suggested retail price of a 42" LG SMART HDTV is $899. Cancellation fee for early termination of a service agreement will be $24/mo. for the 42" LG SMART HDTV and $10/mo. for the HD PVR and digital boxes multiplied by the number of months remaining in the term. Current rental rates apply at the end of the term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. †Subscription to corresponding channels required; HD not available with all channels. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. © LG Electronics Canada, Inc. All rights reserved. "LG Life's Good" is a registered trademark of LG Corp. © 2013 TELUS.